

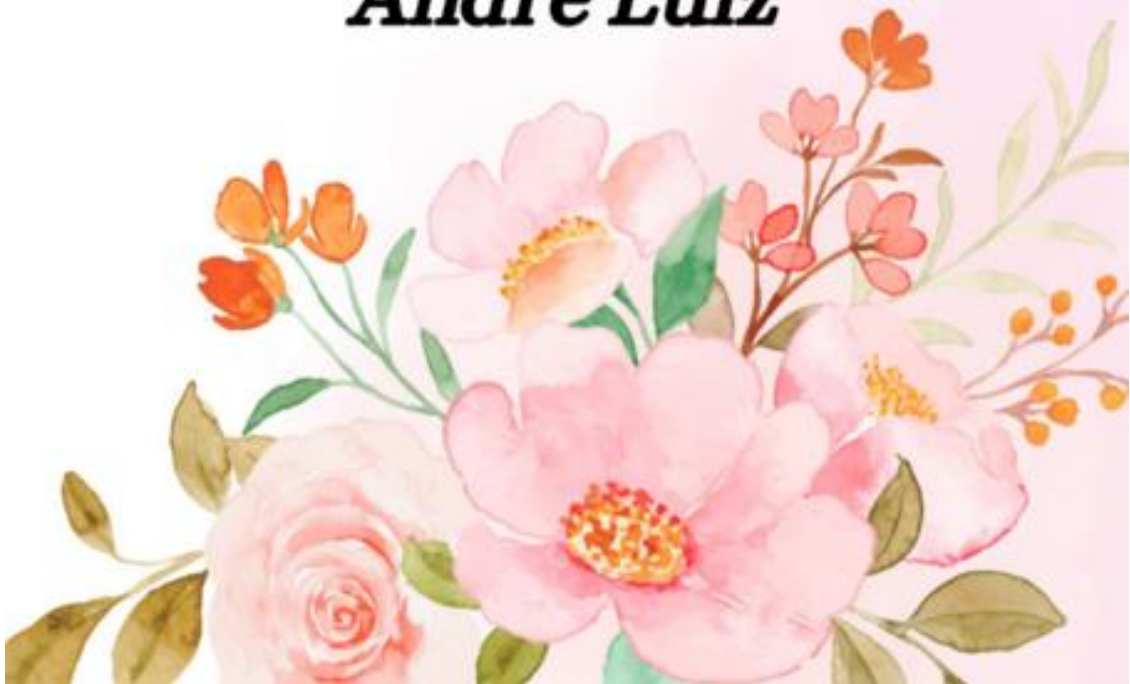
Don't Ruin Your Day



MY PRAYER

Francisco Cândido Xavier

André Luiz





Do Not Ruin Your Day

- Your irritation will not solve any problems.
- Your contrarities will not alter the nature of things.
- Your disappointments will not do the work that only time will achieve.
- Your bad humor will not modify life.

-Your pain will not stop the sun from shining
tomorrow over the good and the bad.

-Your sadness will not illuminate pathways.

-Your discouragement will not edify anyone.

-Your tears will not replace the sweat which you
ought to employ for the benefit of your own
happiness.

-Your complaints, even if affectionate construed,
will never increase other's sympathy for you by one
ounce.

-Do not ruin your day. Learn, from Divine Wisdom
to forgive endlessly, so constructing and
reconstructing for the Infinite Good.



Christian Imperatives

Learn ~ Humbly.

Teach ~ By practicing.

Manage ~ By educating.

Obey ~ By being helpful.

Love ~ By edifying.

Fear ~ Yourself.

Suffer ~ By taking advantage.

Speak ~ Building.

Listen ~ **Without malice.**

Help ~ **By uplifting.**

Support ~ **By lifting.**

Pass by ~ **Serving.**

Pray ~ **Serenely.**

Ask ~ **Wisely.**

Wait ~ **By working.**

Believe ~ **By acting.**

Trust ~ **By watching.**

Receive ~ **By distributing.**

Attend ~ **With kindness.**

Cooperate ~ **Without attachment.**

Help ~ **By improving.**

Examine ~ **Saving.**

Clarify ~ **Respectfully.**

Sow ~ **Without affliction.**

Study ~ Perfecting.

Walk ~ With everyone.

Advance ~ Helping.

Act ~ For the general good.

Correct ~ With kindness.

Forgive ~ Always.



Evangelical Medicines

-Always help.

-Never fear.

-Never despair.

-Learn incessantly.

-Think a lot.

~Meditate more.

~Speak little.

~Rectify by loving.

~Work happily.

~Drive, balanced.

~Obey, happy.

~Do not complain.

~Move forward.

~Look beyond.

~See far.

-Discuss serenely.

-Shine a light.

-Sow peace.

-Spread blessings.

-Fight, uplifting.

-Be joyful.

-Live in peace.

-Show courage.

-Be calm.

-Respect everything.

-Pray, confidently.

-Be vigilant, benevolent.

-Walk, improving.

-Serve today.

-Wait for tomorrow.



For Your Benefit

Don't worry about the ignorant; they certainly don't have the opportunities that have illuminated your path.

*

Avoid annoyance with fanatical people; they remain in the prison of exclusivism and deserve compassion like any prisoner.

*

Don't get upset with rude people.
Usually, their life is damaged and nerves sick.

*

Support an insecure companion; perhaps he doesn't
have what he needs when you hold back excesses.

*

Do not be angry with the ungrateful; he is probably
disoriented or inexperienced.

*

Help those who make mistakes; your feet tread the
same ground and if you can correct, you don't have
the right to blame.

*

Excuse the deserter; he's weak and will come back to
his lesson later.

*

Help the sick person; thank the Divine Power for the
balance you are keeping.

*

Forget the accuser; he doesn't know your case from
the beginning.

*

Forgive the evil one; life will take care of him.



Brothers in Danger

Those who intend to transform their neighbor
overnight with verbal blows.

*

Those who find clever opinions and good advice for
everyone, distracted from their own problems.

*

Those who set their minds on another world,
completely oblivious to the duties of the world in
which they breathe.

*

Those who remain incessantly preoccupied with
defending themselves.

*

Those who make ten wonderful projects a day
without accomplishing any of them in ten years.

*

Those who recognize the greatness of divine truths,
but who never take the time to cultivate them for
their own enlightenment.

*

Those who indefinitely postpone the service of
understanding and love for others.

*

Those who feel that they are the exclusive masters of
all the work in the field of charity, without
distributing opportunities for service to others.

*

Those who claim to forgive the offense, but never
manage to forget the wrong.

*

Those who find an opportunity to get bored with life.



In Serious Moments

Use calm. Life can be a good state of struggle, but a state of war is never a good life.

*

Don't deliberate hastily. Circumstances, children of Higher Designs, change our experience from minute to minute.

*

Avoid inopportune tears. Crying can complicate puzzles instead of solving them.

*

If you've made a clumsy mistake, don't rush into despair.

Getting back on your feet is the best measure for
those who fall.

*

Be patient. If you can't control yourself, you'll vainly
seek understanding from those who don't
understand you yet.

*

If the question is too complex, wait another day
or another week in order to solve it. Time does not
pass in vain.

*

On the pretext of defending someone, don't enter
the noisy circle. There are people who make a lot of
noise simply because they like it. taste.

*

Be measured in your resolutions and attitudes. In
serious moments, our spiritual reality is more visible.

*

Be careful in any appreciation of second and third
persons. On other occasions, other people will be
called upon to refer to you.

*

At no time proclaim your individual merits, because
quality is very problematic in the context of our
acquisitions.

*

Remember that virtue is not a voice that but a power
that radiates.

